

### ABSTRACT

A method of improving the strength, endurance, speed and/or perceived workload of an athlete during an athletic performance by administering Peppermint odorant. The peppermint odorant is administered in an amount and manner sufficient to cause olfactory stimulation. Peppermint odorant is infused into training environments, applied directly to an athlete, coated onto surfaces in olfactory proximity to an athlete or impregnated on surfaces in olfactory proximity to an athlete.